Volume 11, Number 1 January 13-26, 1996

UCSF Newsbreak

Governor's budget pleasing to UC

Gov. Pete Wilson announced recently that his 1996-97 state budget proposal includes money to keep UC general student fees at the same level as the past two years.

His spending plan, submitted at press time Jan. 10, also would pay for merit increases for all eligible employees and funding equivalent to cost-of-living adjustments of 2 percent for all employees, plus additional funding equivalent to 3 percent equity adjustments for faculty. The governor's budget would allow UC to go forward with a three-year plan to restore faculty salaries that currently lag about 10 percent behind comparison institutions by 1998-99.

The governor's decision to add $27 million to his compact for higher education with UC fulfills a priority set last fall when the Board of Regents stated that if additional funds were available from the state in 1996-97, there should be no student fee hike. This proposal does not, however, affect a proposed increase in nonresident tuition or proposed fee increases for students entering certain professional graduate school programs.

The governor's decision to fully fund the compact this year and augment it with money to prevent a student fee hike means UC will receive a 6 percent increase in state funding — $110 million more than last year's $1.92 billion budget. The Wilson administration and other economists forecast a rosy budget picture as California's recovering economy is bringing in more income, sales and corporate taxes to its coffers. But the state's actual bottom line won't be determined until June 30, the end of the fiscal year.

"I am most encouraged by the governor's proposal to the Legislature and I thank him for recognizing the need to keep student fees from increasing while simultaneously safeguarding the quality and accessibility of higher education," says UC President Richard C. Atkinson.

Although Atkinson is glad the state fiscal picture looks promising, he is concerned about the potential for loss of federal funds for research, graduate education, student financial aid, health sciences programs and patient care. Newsbreak will have a complete budget story in an upcoming issue.

Public comment welcome on long range development

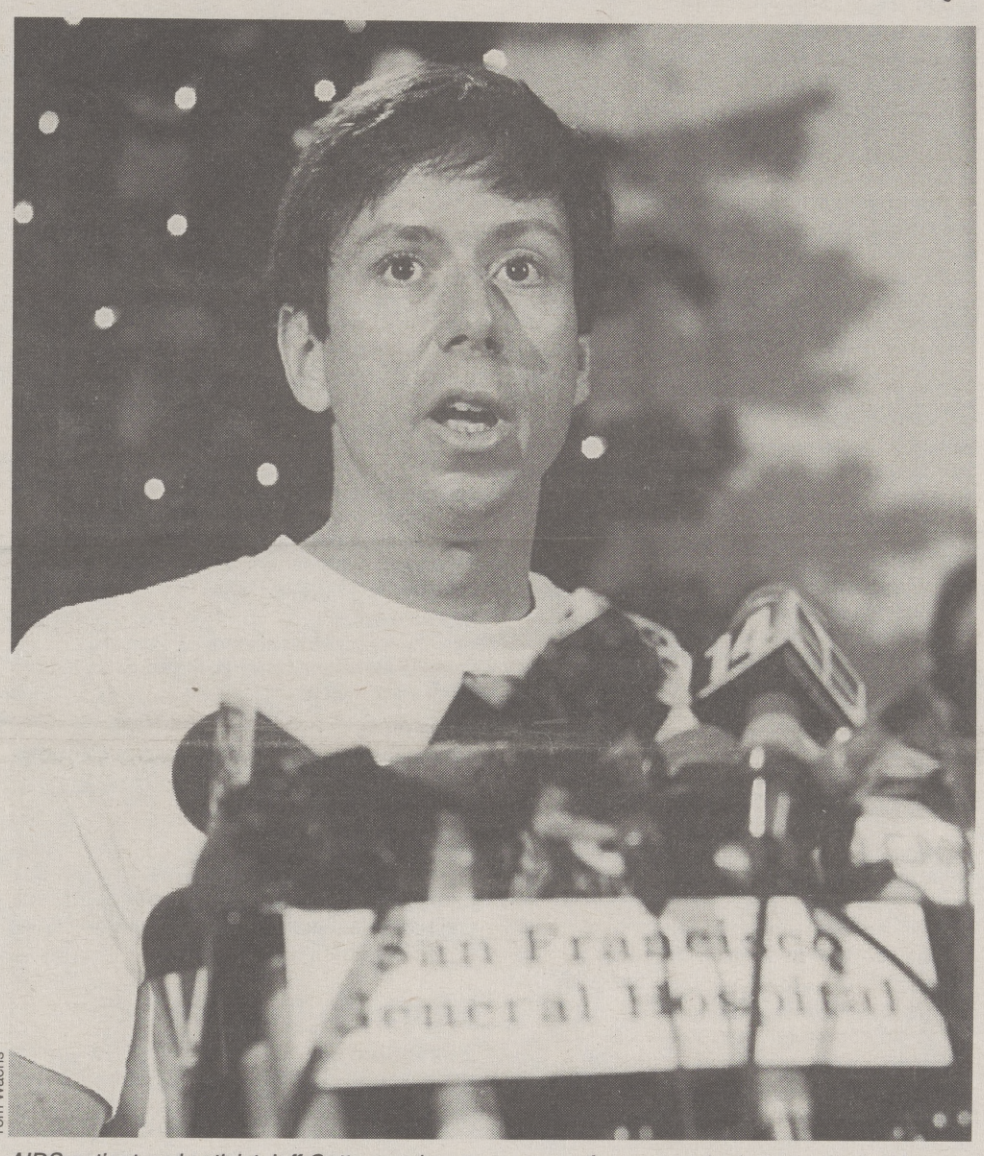
The public is invited to attend a "scoping meeting" at 7 p.m.Tuesday, Jan. 23 to comment on the environmental impact report (EIR) that will be prepared as part of UCSF's Long Range Development Plan (LRDP).

A scoping meeting allows UCSF to outline the areas expected to be studied and the public to raise concerns and make suggestions regarding the EIR.

After additional public hearings, the EIR and LRDP will be submitted to the UC Board of Regents late in 1996 for approval. Each UC campus must prepare an LRDP every 10 years to guide program and development plans.

The scoping meeting will be held in the Saint John of God Church auditorium, 1290 Fifth Ave. (at Irving Street).

Free parking is available at UCSF's Laguna Honda building, 1350 7th Ave., and validated parking is available at the UCSF garage at 2nd Avenue and Irving. Public transportation is available on the N Judah streetcar and on the 43 Masonic, 71 Noriega and 6 Parnassus bus lines. For more information, call UCSF Community Relations at 476-3206.



Tom Wachs

AIDS patient and activist Jeff Getty speaks at a news conference packed with paparazzi from around the world. Getty was discharged Jan. 4, three weeks after the groundbreaking xenotransplant that gave him HIV-resistant bone marrow from a baboon. Read the story below among others that made big news in 1995.

Medical news from the front lines of UCSF

By ANDY EVANGELISTA

Happy New Year! If 1996 is like the past year, or previous years for that matter, UCSF researchers and clinicians will continue to break new ground on the medical frontier. The important, cutting-edge work of 1995 is sure to have a profound impact on health care, science and public policy in the future.

From the front lines at UCSF, here is some of the major medical news that made the biggest headlines in 1995:

Pioneering AIDS research, treatment

AIDS patient Jeff Getty went home feeling well on Jan. 4, three weeks after he received a cocktail of two types of baboon bone marrow cells in a transplant at SFGH. A team of researchers from UCSF and the University of Pittsburgh performed the experimental procedure with the hope of bolstering Getty's faltering immune system, which has been ravaged by HIV. This is the first time a bone marrow cell infusion from one species to another has been attempted using the specific scientific approach that has been approved for this study. It is hoped that the baboon's HIV-resistant bone marrow will help Getty fight off opportunistic infections. It may take months to tell whether Getty's augmented bone marrow will produce HIV-resistant T cells.

UCSF AIDS researchers continued to make their mark in other ways last year. A pharmaceutical chemistry team reported in May the development of a computer "designer drug," which may help halt HIV. The approach stops the AIDS virus from infecting new cells grown in laboratory cultures and from replicating in already infected cells. The strategy also makes it unlikely that HIV would be able to mutate in ways to permit the virus to evade treatment. Lead researcher Charles Craik suggested that it may be possible to fight the spread of HIV within infected individuals by inserting a defective version of a gene encoding a crucial enzyme called HIV protease inhibitor.

And a study reported in November by Jay Levy found that a small group of HIV-infected people who have remained healthy for more than 10 years have immune cells that respond in a distinctive way to slow the progress of infection. The findings indicate that healthy survival despite HIV infection might be promoted by administering an extra dose of one or more of certain naturally occurring proteins called cytokines.

Balancing costs vs. quality of health care

Whether it was setting appropriate guidelines for men who want to undergo the costly,

(See **1995** *on page 2)*

Page 4 ... MLK Week begins

To treat or not to treat — study refuels cholesterol debate

A UCSF study warning of possible cancer risks from long-term use of two of the most popular classes of cholesterol-lowering drugs has fueled debate between heart researchers who are staunch believers in cholesterol reduction programs and those who contend that such efforts are overzealous and, especially for young people, may be doing more harm than good.

The report in the Jan. 3 issue of the Journal of the American Medical Association by epidemiologists Thomas B. Newman and Stephen B. Hulley cites studies showing that two widely-used types of cholesterol-lowering drugs — statins and fibrates — have been found to cause cancer in rodents.

These and other studies "suggest that cholesterol-lowering drug treatment, especially with the fibrates and statins, should be avoided except in patients at high short-term risk of coronary heart disease, such as those with known heart disease," report Newman, who is associate professor of laboratory medicine, pediatrics and epidemiology and biostatistics, and Hulley, professor and chair of epidemiology and biostatistics.

Thomas Bersot, a researcher at the Gladstone Institute for Cardiovascular Research and director of the Lipid Clinic at SFGH, was highly critical of the report. "To release information that throws out a cancer scare, which is not really justified, is not in the best interest of our patients," he says.

Newman and Hulley reviewed rodent studies that drug companies are required to submit to the FDA as part of the drug approval

(See **CHOLESTEROL** *on page 3)*

Hormone discovery at UCSF may spur drug design

By JEFFREY NORRIS

A newly solved mystery surrounding how certain hormones act may lead to the design of drugs for heart disease, cancer, and thyroid conditions, according to UCSF researchers who reported their findings in the Dec. 14 issue of Nature.

The researchers determined the three-dimensional, atomic structure of a thyroid hormone and an attached receptor protein, a combination that triggers a series of steps leading to changes in cellular behavior.

The findings make it feasible to explore new designs for constructing molecules similar to hormones. Such molecules might be used as drugs to inhibit or augment hormonal responses, or to make these responses more selective regarding cells that make up tissues affected by certain diseases.

Much is known about hormones, biological molecules that are secreted from their cells of origin and then travel through the bloodstream to incite distant cells to action — to grow, to change, or to quicken metabolism or heartbeat, for example. The practice of the medical specialty of endocrinology is made possible by a significant body of knowledge about hormones in health and disease.

However, the triggering mechanism that spurs cells to respond has remained poorly understood for the many small hormones that attach not to the outer membranes of target cells, but rather to receptors embedded in the membrane surrounding the cell's DNA-containing nucleus.

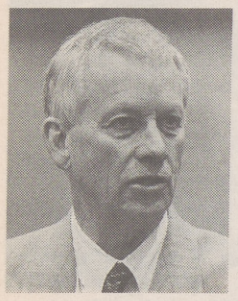
These hormones include sex steroids such as estrogen and testosterone, glucocorticoids such as cortisol, and thyroid hormone.

UCSF researchers led by Richard Wagner, a graduate student, and his advisor, Robert

(See **DRUG** *on page 3)*

Gazette

Heinz Award goes to biotech pioneer Rutter



Rutter

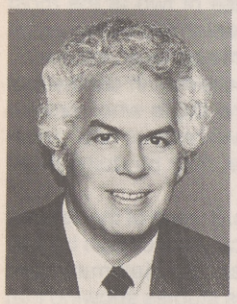
William J. Rutter, a pioneer in biotechnology research at UCSF and Chiron Corporation, is the recipient of a $250,000 Heinz Award for Technology and the Economy.

The Heinz Awards, which are among the largest individual achievement prizes in the world, recognize significant and sustained contributions in arts and humanities, the environment, the human condition, public policy, technology and the economy.

Rutter came to UCSF in 1969 to serve as chair of the Department of Biochemistry and Biophysics. Through Rutter's leadership, UCSF became the worldwide center of the new field of genetic engineering. His decision to hire promising young researchers transformed the department into the top-ranked biochemistry department in the US.

Rutter now is Hertzstein Professor of Biochemistry at UCSF and chair of the board at Chiron, which he co-founded in 1981 with Edward E. Penhoet, a professor of biochemistry at UC Berkeley, and Pablo D.T. Valenzuela, who was a senior scientific colleague at UCSF and a co-worker for 20 years.

Prusiner wins Royer Award



Prusiner

Stanley B. Prusiner, professor of neurology and biochemistry, has won the 32nd annual J. Elliott Royer Award.

The UC Regents established the Royer Award in memory of the late Oakland physician, who left an endowment to recognize significant contributions to the advancement of psychiatry or neurology. The award alternates each year between the two fields.

Prusiner is being recognized for his work in describing a previously unknown class of pathogens called prions, which cause neurodegenerative disorders. The diseases bear some striking similarities to Alzheimer's disease.

Prusiner is the recipient of numerous honors and awards. For his discovery of the prion, he was recently chosen to receive the Wolf Prize, an award that will be presented before the Israeli parliament. In October 1994, he received the Albert Lasker Medical Research Award, the most prestigious medical research prize awarded in the US, and in 1993 he won the Gairdner Foundation International Award for Outstanding Achievement in the Field of Medical Science. Prusiner has been associated with UCSF since he began his internship in medicine in 1968.

Private Support

UCSF is pleased to acknowledge the following gifts/pledges of $25,000 or more from individuals, corporations and foundations received Dec. 1-15, 1995.

$1 Million or more
California Wellness Foundation

$100,000 - $499,999
The Jane Coffin Childs Memorial Fund for Medical Research
S.H. Cowell Foundation

$25,000 - $99,999
John E. Adams
The Buffet Foundation
Anne and Jason Farber Foundation Inc.
Genentech Foundation for Growth and Development
Thomas A. Oliver, '39
The Rockefeller Foundation

Michele Firpo

Harkness fellows visit UC from the UK

Valerie Billingham, right, and Allyson Pollock, both of the Department of Health in the United Kingdom, have come to the School of Nursing's Department of Social and Behavioral Medicine and the Institute for Health & Aging as Harkness Fellows. The fellowship, sponsored by the Commonwealth Fund of New York, is awarded to exceptional scholars in the United Kingdom for study and travel in the US. While at UCSF, Billingham is studying how health and social care agencies can help people in their 50s and 60s organize their priorities to plan for a healthy and active old age. Pollock is studying state and local long-term care policies and social health maintenance organizations.

Honors & Awards

Sharon Hall, psychiatry: Member, Committee to Raise the Profile of Substance Abuse Research, Institute of Medicine.

Hall

Joseph B. Martin, chancellor & neurology: Member, governing council, Institute of Medicine.

Bruce Spaulding, vice chancellor, Advancement & Planning: Lambda Alpha International, the honorary land economics society.

Carol A. Gross, stomatology & microbiology & immunology: Received an NIH Method to Extend Research in Time (MERIT) award.

Charles Epstein, pediatrics & medical genetics: President, American Society of Human Genetics.

Larry Shapiro, pediatrics: President-elect, American Society of Human Genetics.

Christine Guthrie, biochemistry & biophysics: Member, board of trustees, Gordon Research Conferences.

In Memoriam

Seymour M. Farber, 83: Best known for bringing the humanities into medical education, Farber greatly contributed to the growth of UCSF as one of the nation's leading teaching and research centers in the health sciences. He joined the UCSF faculty in 1942 and served as chief of the chest service at SFGH for 21 years before going on to hold appointments as dean and then vice chancellor for public programs and continuing education. An art enthusiast and community activist, Farber desegregated the wards at SFGH in the 1940s. In the 1950s, he initiated relationships with academic, medical, and political leaders of Pacific Rim countries to establish ties with the Western US. He retired in 1977 and was named vice chancellor emeritus, continuing to work as a consultant to the UCSF campus and to the UC Office of the President. In 1971 he was named the Outstanding Educator of America and he received the UCSF Medal, the campus' highest honor, in 1983. Memorial contributions may be sent to the Dana Farber Institute for Cancer Research at Harvard Medical School, 44 Binney St., Boston, Mass., 02115.

1995 *(from page 1)*

potentially dangerous penile augmentation surgery or declaring that mammography screening for women aged 40 to 49 does not significantly reduce breast cancer deaths, UCSF academic clinicians are helping to educate the public about the limitations of modern medicine — when intervention is appropriate and when it is not.

On the other side of the issue, however, Augusto Sola, director of neonatal clinical services, warned in May that his study found that cost-cutting trends toward shorter hospital stays combined with changes over the past few years in the standard treatment for jaundice in newborns could be harmful for some babies. "This study emphasizes the importance of follow-up care for newborns during the first few days of life with a trained health care professional, either through outpatient facilities or home care programs."

He found an alarming number of infants over the past two-and-a-half years who were diagnosed with brain damage related to jaundice, a common condition that could be easily treated and usually is not dangerous to babies who are born at full-term and in general good health. Sola's study generated much publicity and helped prompt legislation at the federal level and in several states. The October issue of Ladies' Home Journal, which cited the UCSF study in an article on the dangers of early discharges of newborns, asked readers to fill out and send a coupon to Senator Bill Bradley, who has co-authored a bill that would require insurers to cover a minimum of two days of hospital care for mothers and newborns. In less than a month, Bradley's office received 50,000 of the magazine's coupons in support of the measure.

Rolling tobacco in Pentagon-like papers

The spark actually materialized in the spring of 1994 when a box containing 4,000 pages of documents was delivered anonymously to UCSF professor Stanton Glantz, but the blaze erupted only last year. The four-foot high stack of papers turned out to be internal memos and material concerning studies conducted by the Brown & Williamson Tobacco Research Company. The documents — which some later called the smoking gun in the debate over the effects of tobacco on health — showed that as long as 30 years ago the tobacco company recognized the addictive nature of nicotine, well before the general scientific community understood it.

Glantz, a researcher in cardiology and health policy and longtime foe of the tobacco industry, detailed those findings in a series of articles in the Journal of the American Medical Association in July, thrusting him into the national limelight, including a segment on "60 Minutes."

Brown & Williamson further fanned the flames with its legal challenge of UCSF's decision to turn the papers over to the campus library. B&W wished to limit access to prevent anyone else from perusing the papers. On June 29, the California Supreme Court ruled against the company, clearing the way for UCSF to make the papers widely available. And UCSF did. Days after the ruling, the papers were on the Internet, and in the first five weeks more than 50,000 documents were requested by computer users. The complete set of documents are available for sale on CD ROM at the library.

Sounding alarm over shortage of generalists

In 1995, UCSF researchers took a hard look at medicine's shift to primary care without a sufficient supply of primary care doctors to meet the demand. A UCSF-SFGH group reported in October that the number of primary care doctors in California is nearly one-third lower than generally believed. Researchers urged even more aggressive measures at the state and national levels to boost the pool of these much-needed physicians.

Earlier in the year, a study led by Kevin Grumbach revealed that nearly a third of communities in the state — mostly in areas with large African American and Hispanic populations — have a shortage of primary care doctors, resulting in more hospitalizations because patients lack early treatment for some medical conditions. A survey in February sounded another bothersome alarm — fewer than one-third of California primary care physicians said they would accept Medi-Cal patients. Reasons varied, but they were not solely financial.

Learning from fat mice

A brain protein needed by mice to control appetite and to prevent obesity was identified in April by a team led by psychiatry researcher Laurence H. Tecott. The study suggests that a protein called "5-HT2c serotonin receptor" might play a role in common forms of human appetite disturbances. Seratonin is a "neurotransmitter," one of many chemicals used for communication in nerve networks. It is needed to control appetite in mice and, the researchers suspect, in humans as well. The study found that mutant mice lacking a gene to make 5-HT2c ate more, weighed 13 percent more, and accumulated up to 50 percent more fat.

Creating new tools, therapies for old ills

Among new devices and therapies announced last year was a hip pad that can be worn in an undergarment to help reduce the impact to the hip from falls. The protective device, tested at SFGH, is especially designed for elderly people who are at great risk of debilitating and even deadly fall-related hip fractures. Also at SFGH, the first large scale study to evaluate alternative keyboards found that they shift wrist and forearm postures in such a way as to reduce risk of repetitive stress injuries.

Cardiologists at UCSF began enrolling patients in a study of a non-surgical treatment using inflatable cuffs worn around the calves, thighs and hips to treat chronic angina. Radiologists found that using magnetic resonance imaging may be an effective way to monitor disease progression and treatment response in joint tissues for people with arthritis. Radiologists found a new way to diagnose some cancers using a plain X-ray as well.

Also, a new agent that reduces organ rejection by nearly 50 percent became available to kidney patients.

UCSF Newsbreak

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Deadline for the next issue, which will cover January 13-26, 1996, will be on **Tuesday, Jan. 16, at 11 a.m.** Please send campus and Medical Center news copy to Lisa Cisneros (476-3256 or lisa_cisneros@quickmail.ucsf.edu), and calendar and gazette items to Michele Firpo (476-3257 or michele_firpo@quickmail.ucsf.edu), all at Box 0462; fax 476-3541. Last-minute copy may be taken over the telephone by calling the above telephone numbers. The University of California is an affirmative action/equal opportunity employer. UCSF fully ascribes to the Americans with Disabilities Act. If at any time, you feel you have a need to view this communication in an alternate format, please contact Lisa Cisneros at 476-3256 with your suggestions.

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Where basic science unravels the brain's secrets

The development of a promising therapy for learning-disabled children is rooted in basic research on how the brain responds to sound.

At the Keck Center for Integrative Neurosciences, investigators probe nerve cells and networks to understand the inner working of the brain. The growing knowledge of how the brain is organized could very well lead to other developments and therapies that could improve our lives. Research in the Keck Center, for example, may uncover new clues to memory, movement disorders, sensory deficits, and pain.

The Keck approach is unique. Ten principal researchers from various disciplines share their expertise in a cooperative spirit. They hope that ideas gleaned from one research area will fertilize another, triggering new theories and experiments.

Keck Center director Stephen Lisberger has mapped how connections between brain cells change with acquisition of a simple reflex movement, pinpointing where learning takes place.

By studying slices of brain tissue from rats, Roger Nicoll has been able to track the neurotransmitters and other chemicals that communicate between brain cells, and which could underlie what we call memory.

Studies by Michael Stryker are finding out how cells of the visual cortex segregate into layers and columns that allow the brain to interpret and integrate images.

Allison Doupe studies songbirds, who learn their songs in much the same way that humans learn to speak. Christopher Schreiner's work provides new clues to how meaningful sounds, such as speech, are coded by the brain.

Computer modeling by Kenneth Miller is aimed at understanding how the cerebral cortex is organized and how it changes in response to activations of nerve cells during development.

Allan Basbaum, Howard Fields and Henry Ralston have shown how the nervous sytem regulates transmission of pain signals — studies which could lead to new and better pain-killing drugs.

Michael Merzenich's continuing exploration of brain plasticity — that the brain becomes more proficient in response to experience and training — is helping other scientists understand how the brain adapts to injury or loss of brain tissue.

Drug *(from page 1)*

Fletterick, professor of biochemistry and biophysics, are the first to report the three-dimensional structure of a crucial complex consisting of a hormone attached to a nuclear receptor protein.

Wagner and Fletterick, along with John Baxter, director of the UCSF Metabolic Research Unit, in whose lab the thyroid hormone receptor was first purified, and James Apriletti and Brian West, also of the Metabolic Research Unit, are co-authors of the paper.

The findings make it feasible to explore new designs for constructing molecules similar to hormones.

Possible applications include the development of drugs that are structurally similar to thyroid hormone, which could either activate or prevent activation of the receptor. These could be used to treat overactive thyroid, underactive thyroid and certain heart rhythm disorders. Additional applications might be the development of estrogen-like drugs for breast cancer treatments or for hormone-replacement therapy.

The researchers determined the structure of the hormone-bound thyroid receptor with a technique called X-ray crystallography. They bombarded purified crystals of the hormone/receptor complex with X-rays and recorded on film the patterns formed when the X-rays bounced off the crystals. They then painstakingly analyzed the patterns to determine the identity and position of individual atoms within the structure of the hormone/receptor complex.

Kids overcome language disabilities with computer games

By JEFFREY NORRIS

Researchers at UCSF and Rutgers University have developed an innovative therapy using vivid computer games to help children overcome language-learning disorders, a technique that can be adapted to treat dsylexia.

Results from the first few experiments with a small group of children, who were born without the ability to process human speech, show that in a month of training with the animated computer games that use funny sounds, silly characters, colorful backgrounds, point-scoring, and prizes to engage learning-disabled children, almost all of them achieved completely normal speech comprehension.

These studies may yield the first truly effective treatments for language-learning disabilities that affect as many as 7 million children in the US and cost society in excess of $7.5 billion annually, the researchers say.

The use of computer-modified speech and interactive computer training games also might be applicable in retraining adults who have difficulty with language as a result of brain injury from stroke or head trauma, and the technique might even be useful for learning foreign languages, the researchers reported in the Jan. 5 issue of Science.

In the novel approach to "retrain the brain," children's ability to perceive rapidly changing speech sounds and sequences was strengthened. The scientists found that language comprehension improved to normal, near normal or above normal in all but one of seven children who completed a four-week program and all but one of 11 additional children who later completed similar training.

The research collaboration is led by neurophysiologist Michael Merzenich, Francis A. Sooy, professor of Otolaryngology and a research scientist with the W. M. Keck Center for Integrative Neuroscience at UCSF, and by neuropsychologist Paula Tallal, professor and co-director of The Center for Molecular and Behavioral Neuroscience at Rutgers. The Charles A. Dana Foundation is financing the research.

The improvements in language comprehension were associated with an increased ability to distinguish normal speech sounds. Before training, the children, who ranged in age from five to 10, were behind by two to three years in the development of language abilities.

The quick progress made by the children suggests that higher-level learning centers in the brain are not compromised during brain development in these children, according to Merzenich.

"The results strongly indicate to us that there may be no fundamental defect in the learning machinery in at least the substantial majority of these children, because they so rapidly learn the same skills at which they were defined to be deficient," Merzenich says.

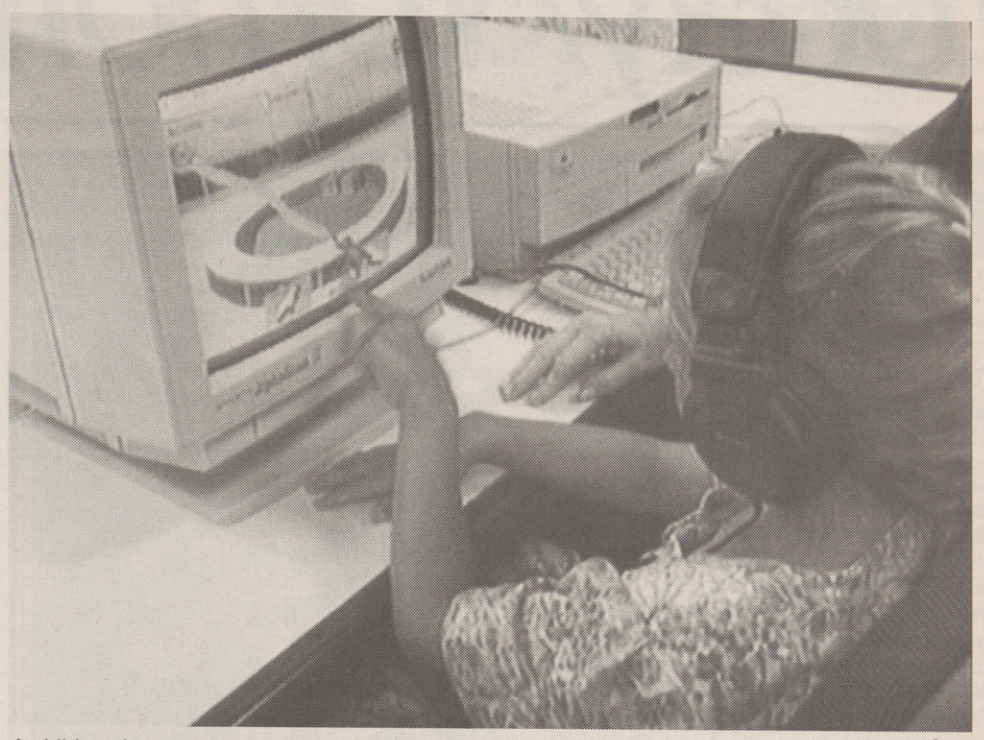
According to Tallal, "It seems unlikely that these children learned the equivalent of approximately two years of language in one month. Rather, it appears that they already developed considerably more language competence than they were able to use under normal listening and speaking conditions."

Tallal earlier discovered that children with language-based learning disorders are deficient in their ability to perceive or distinguish elements of speech that change rapidly in frequency or that begin or end suddenly. However, she found that these children are able to process this sensory information correctly when it is presented more slowly.

A team of scientists and engineers at UCSF devised a computer-based method that slowed and amplified the volume of consonants, such as "b" and "d," bits of sound that shift rapidly and are the most difficult for the children to distinguish.

In studies of adult monkeys spanning more than a decade, Merzenich, William Jenkins, associate professor of otolaryngology at UCSF, and their UCSF colleagues have demonstrated that experience and training on sensory and motor skills improves these skills and produces fundamental reorganizations within the brain. Researchers at UCSF's Keck Center, led by Jenkins, designed four computer games for children that incorporated the same adaptive training strategies developed in the earlier monkey experiments.

Modifying speech before it reaches the ears of the language-learning impaired is like putting corrective lenses in front of the eyes of the nearsighted, the researchers say. To those who perceive normally, the computer modifications, like wearing someone else's glasses, seem to cause distortion. But to the language-learning disabled, the improvements allow speech to be perceived as normal.



A child works on a computer game designed to improve language skills.

Cholesterol *(from page 1)*

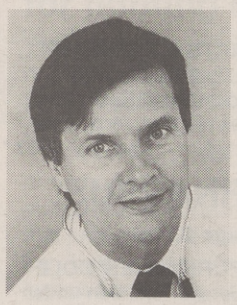
process, as well as other information on the use of the drugs in humans. Their review found that lovastatin, which was first approved for sale in 1987, caused excess liver cancer, and stomach and lung tumors in mice at blood concentrations two to four times levels seen at the maximum dosage that might be prescribed to patients. Gemfibrozil, one of the fibrates, caused liver cancers in mice at blood levels comparable to those seen in humans taking the medication, according to Newman and Hulley.

Newman

In the same issue of JAMA, two University of Arizona researchers said their reading and interpretation of animal test data differed sharply than that of the UCSF researchers and they were not convinced the drugs increased the risk of cancer. "As conservative as the FDA is, it would not have approved these drugs if there really was a cancer risk," Bersot says. "I urge people to take cholesterol-lowering drugs if they are appropriate candidates for drug therapy as described in treatment guidelines."

Newman maintains that these drugs should be reserved only for those with a high short-term risk of coronary heart disease — a middle-aged person, for example, who has had a heart attack or those with extremely high cholesterol and other major risk factors like smoking, diabetes, or high blood pressure. "For young people, especially women, heart disease is unlikely for many years. Our concern is that the drugs may be associated with an increase in cancer and that this may not be noticed for 20 or more years."

At the heart of the debate is whether drugs should be prescribed to people with elevated cholesterol who are otherwise healthy and whether the benefits of long-term use of these treatments outweigh the risks. Newman, a pediatrician, has criticized the national campaign to aggressively screen for and treat high cholesterol, especially in children and young adults. Six years ago, he challenged the wisdom of screening children, calling the effort a waste of time, money, and even hazardous to the health of children. He published a study citing data that show that while cholesterol-lowering drugs prevented heart disease deaths in middle-aged men, their use was also associated with a greater-than-expected number of deaths due to cancer and injuries.



Bersot

Three years ago, Hulley, Newman and colleagues challenged recommendations by the National Cholesterol Education Panel that all adults, even those as young as 20, should have blood cholesterol measured, and those with high cholesterol should be evaluated and treated. They suggested that treatment for young adults, in some cases, may be unethical, because the practice could be harmful to otherwise healthy persons.

Newman acknowledges that the development of the statins is a "real success story."

The enthusiasm for cholesterol-lowering drugs and their benefit to middle-aged men with heart disease, however, has spread to everyone, he says. "And that is wrong."

His most recent study cites a tenfold increase in prescriptions for cholesterol-lowering drugs in the last decade, mostly for statins and fibrates. In 1992, more than 26 million prescriptions were written, says Newman. "Cholesterol-lowering drugs are not like other drugs, which are given to people who are sick in hopes of making them well," he says. "These drugs are being taken — for decades — by people who are well in hopes of keeping them well. I am for preventive medicine, but in this case we need to be very sure of what we're doing."

He worries about an over dependence on these drugs by physicians and their patients, pointing out that it is easier to write a prescription or take a pill than to provide counseling on diet or make lifestyle changes that could reduce heart disease risk.

Bersot — who cites recent studies showing that statins have reduced heart attack rates among men taking the drug and thus far no increases in cancer rates — does not agree that there is a wild misuse of these drugs. The opposite may actually be occurring, he says. "I see patients every day who could benefit from these drugs, but they are confused by reports (like Newman's and Hulley's)," says Bersot. "There are always worries about the long-term effects of drugs, but in this case I don't feel I need to tell patients that the rats got cancer."

Report compiled by Andy Evangelista and Jeffrey Norris.

Inside UCSF

Take a closer look at ophthalmology

The Department of Ophthalmology keeps many people seeing things clearly. The staff and faculty handled

29,772*

patient visits in fiscal year 1994/95 and the optical dispensary serviced

8,022

patients with a staff of just three people.

*Figure includes patient visits at Beckman Center 5 and 7 (including ACC).

Source: Department of Ophthalmology

Today/Tomorrow

UCSF CELEBRATES MARTIN LUTHER KING JR. WEEK

The UCSF celebration of Dr. Martin Luther King Jr.'s birthday carries the theme "Passing the Torch — Igniting the Vision of a New Generation." The week's events are listed below and are open to the public.

Tues., Jan. 16

MLK Award Winners Presentation/Reception. Chancellor Joseph Martin invites the campus to honor this year's MLK Award winners — psychiatrist H. Westley Clark, Freeman Bradley, former director of Instructional & Research Support Services, and fourth-year medical student Mallika J. Marshall. Millberry Conf. Cntr. 4-5 p.m.

"The Color of Fear." This award-winning, emotional and insightful film takes place in Ukiah, Calif., where eight men gather for three days to deal with their personal scars of racism. Herbst Hall, UCSF/Mount Zion. Noon-2 p.m.

Wed., Jan. 17

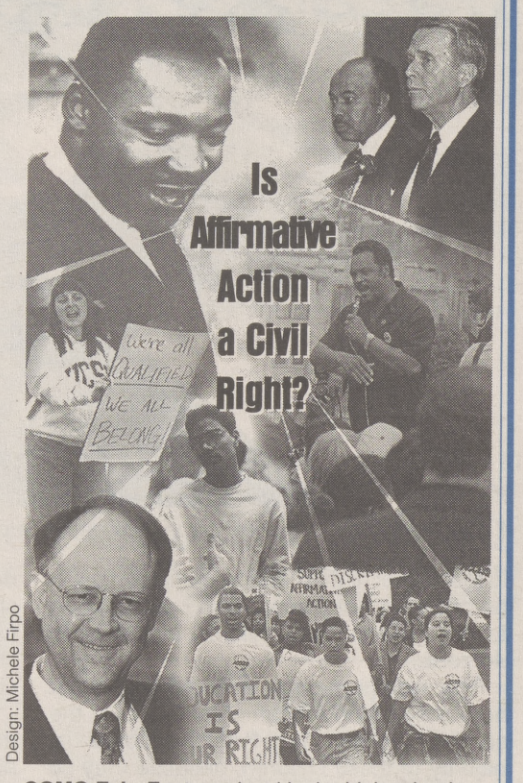
Cultural Festival. Features Lily Cai's Chinese Dance Troupe, Seattle orator Carl Mak, who will recite excerpts from a King speech, as well as a traditional ethnic fashion show. There also will be a wide variety of booths with crafts and ethnic foods. Millberry Union gym. 11:30 a.m.-1:30 p.m.

Cultural Festival at UCSF/Mount Zion. Features an ethnic food cook-off. Hellman Conference Room. 11 a.m.-1 p.m.

Thurs., Jan. 18

"The Color of Fear." HSW 300. 11:30 a.m.-1:30 p.m. and 5:30-7:30 p.m.

Nonviolence and Conflict Resolution. A panel of Bay Area youth come together to discuss their differences and attempt to resolve their conflict. Carr Aud., SFGH. 11:30 a.m.-1 p.m.



Design: Michele Firpo

COMO Fair. Features local junior high school bands and singers. Sponsored by the Council of Minority Organizations. Hellman Conf. Room, UCSF/Mount Zion. 11 a.m.-1 p.m.

Fri., Jan. 19

Is Affirmative Action a Civil Right? Eva Jefferson Patterson, Californians for Affirmative Action, and Tom Wood, co-author of the California Civil Rights Initiative, will debate. Cole Hall. Noon-1 p.m.

13 Saturday

STRESS RELIEF THROUGH MEDITATION

Suffering & Delight. Darlene Cohen, author, explains how to use mindfulness and meditation techniques to deal with pain and stress. Sponsored by Women's Resource Cntr. $40-$50. C 130. 10 a.m.-3:30 p.m. Call 476-5222 to pre-register.*

15 Monday

MARTIN LUTHER KING JR. HOLIDAY

16 Tuesday

NEW EMPLOYEE BENEFITS ORIENTATION: S 214. 8:30-10:30 a.m. Call Lenard Florendo at 476-1073 to schedule.

UCSF/MOUNT ZION BROWN BAG LECTURE SERIES: *Voice Disorders: The Sound of Trouble.* Steven H. Sloan, Oto., UCSF/Mount Zion. Sponsored by Public Service Programs. Herbst Hall, UCSF/MZ. Noon. Call 476-4394 for information.*

17 Wednesday

CAMPUS BLOOD DRIVE

Come donate blood in honor of National Volunteer Blood Donor Month. Remember to bring personal ID. Sponsored by Blood Donor Center. Call 476-6989.

● MU Conf. Cntr. 9 a.m.-5 p.m.

You don't have to wait for a blood drive to give blood. You may donate any weekday, 8 a.m.-7:45 p.m., or Saturday, 9 a.m.-4:30 p.m., at UCSF's Blood Donor Center, L 131. For information & appointments call 476-6989.*

BROWN BAG LECTURE SERIES: *Financial Planning For Singles.* Leona Lau, tax & finance specialist. Sponsored by Public Service Programs. HSW 300. Noon-1 p.m. Call 476-4394.*

18 Thursday

MISSION CENTER BROWN BAG LECTURE SERIES: *Simplifying & Funding the Path of Your Financial Future.* George Goin, Dean Witter, offers five steps to financial independence. Sponsored by Public Service Programs. Mission Center Bldg., Room 125, 1855 Folsom. Noon. Call 476-4394 for information.*

MILLBERRY ARTS & PERFORMANCES' COLE HALL CINEMA: *Unstrung Heroes.* Children under 14 $2; UCSF students & MU members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 5:45 & 8 p.m. (Movies subject to change.) Call 476-2542.*

19 Friday

INSTITUTE OF HEALING ARTS & SCIENCES LECTURE: *The Cybernetic Body Electric & Beyond.* Michael Gandy discusses an East/West medical model that integrates physical, energetic and emotive systems. N 721. Noon. Call 330-5353.*

POETS ON PARNASSUS

(See item in Fun Zone on page 6.)

MILLBERRY ARTS & PERFORMANCES' COLE HALL CINEMA: *Unstrung Heroes.* Children under 14 $2; UCSF students & MU members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 6:30 & 8:45 p.m. (Movies subject to change.) Call 476-2542.*

20 Saturday

CATCHING LIARS

Dishonest & Honest Communication: How to Recognize & Deal with Lying. Paul Ekman, Psychr. & Human Interaction Lab. Sponsored by Human Interaction Lab. Cole Hall. 9 a.m.-5 p.m. Call 476-7208 for information.*

WOMEN'S RESOURCE CENTER WORKSHOP: *Powerful, Non-Defensive Communication.* Sharon Ellison, therapist, consultant & lecturer, explains how to have a dynamic personal impact without being on the defensive. $50. C 254. 9 a.m.-4 p.m. Call 476-5222 to pre-register.*

*Open to the public.

22 Monday

CHANCELLOR'S STATE OF THE CAMPUS ADDRESS

(See item in Upcoming Events on page 5.)

23 Tuesday

WELCOME TO OUTDOORS UNLIMITED PRESENTATION: (See item in Fun Zone on page 6.)

LRDP SCOPING MEETING

(See article on page 1.)

UCSF/MOUNT ZION COMMUNITY MEETING

Regular community meeting to discuss any issues of concern, including construction plans, related to the UCSF/Mount Zion campus. Exec. Board Room, 2nd fl., MZ. 7 p.m. Call 476-3206.*

24 Wednesday

BROWN BAG LECTURE SERIES: *Interventional Neuroradiology: A Fantastic Voyage.* Grant B. Hieshima, Rad. & Neuro. Surg., discusses navigating the blood vessels of the brain for the treatment of strokes. Sponsored by Public Service Programs. HSW 300. Noon-1 p.m. Call 476-4394.*

MEDICAL STUDENT POSTER SESSION

Ninth Annual Medical Student Research Poster Session and presentation of the Dean's Prize in Student Research to medical students Priscilla Hsue, Darryl Miles & Mary Norman. Sponsored by Dean's Office, Schl. Med. & Student Research Committee. Millberry Conf. Cntr. Poster session begins: 12:30 p.m. Prize presentation: 2 p.m.

MILLBERRY/UCSF HEALTH NET PRESENTATION: Learn how to reduce the risk of injury to your back through strengthening and stretching exercises in this workshop taught by UCSF physical therapists. Free for Health Net members. Register at Millberry Fitness Center. 6-7 p.m. Call 476-1115 for information.*

GREAT EXPECTATIONS PROGRAMS FOR WOMEN'S HEALTH FILM SERIES: *Childbirth: An Introduction.* Video presentation and discussion about resources for childbearing. A 326. 7-8 p.m. Call 476-6667.*

25 Thursday

TAY-SACHS SCREENING: Tay-Sachs screening for pregnant couples. Sponsored by the Reproductive Genetics Clinic and part of the California Tay-Sachs Disease Prevention Program. Suite 810, 350 Parnassus. Opens 9 a.m. Call 476-4080 for an appointment and more information.*

MILLBERRY ARTS & PERFORMANCES' COLE HALL CINEMA: *The Brothers McMullen.* Children under 14 $2; UCSF students & MU members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 5:45 & 8 p.m. (Movies subject to change.) Call 476-2542.*

26 Friday

GLADSTONE LECTURER

G Protein-Coupled Receptors & Their Regulation. Robert J. Lefkowitz, Med., Biochem. & HHMI, Duke U, presents the 1996 Gladstone Distinguished Lecture in Cellular & Molecular Biology. Sponsored by Gladstone Institute of Cardiovascular Disease. Carr Aud., SFGH. Noon.

INSTITUTE OF HEALING ARTS & SCIENCES LECTURE: *Psychological & Spiritual Growth — An East/West Perspective.* Alex Pappas. N 721. Noon. Call 330-5353.*

MILLBERRY ARTS & PERFORMANCES' COLE HALL CINEMA: *The Brothers McMullen.* Children under 14 $2; UCSF students & MU members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 6:30 & 8:45 p.m. (Movies subject to change.) Call 476-2542.*

CONTINUING EDUCATION

MEDICINE

For program information, call 476-4251. To register, call 476-5808 unless otherwise noted.

Epidemiology & Prevention of Infectious Disease. SF. Jan. 24-26.

Therapeutic Update on Psoriasis. SF. Jan. 27.

Eighteenth Annual Infectious Diseases in Clinical Care. Vail, Colo. Jan. 28-Feb. 2.

Third Annual Update in Behavioral/ Developmental Pediatrics. Millberry Conf. Cntr. Feb. 3.

Recent Advances in Neurology. SF. Feb. 14-16.

Eleventh Annual Primary Care Medicine: Concepts & Controversies. Snowmass/Aspen, Colo. Feb. 18-23.

Annual Review in Family Medicine: Controversies & Challenges in Primary Care. Hotel Nikko, SF. Mar. 20-22.

Ninth Annual Primary Care Update. Maui, Hawaii. Apr. 7-12.

Family Practice Board Review Course. Hotel Nikko, SF. July 8-11.

DENTISTRY

For information and registration, call 476-1101.

Second Annual Island Dental Colloquium. Ritz-Carlton Kapalua, Maui, Hawaii. Jan. 22-26.

Contemporary Periodontal Treatment: Integrating New Approaches in General Practice. UCSF. Feb. 10.

Restoring Endodontically Treated Teeth. UCSF. Feb. 3.

Prevention and Management of Medical Emergencies in the Dental Office. UCSF. March 2.

Managing Dental Pain: New & Practical Concepts for Diagnosing & Managing Dental & Orofacial Pain. UCSF. March 9

Fifth Annual Study & Ski in Squaw Valley. Squaw Creek. March 8 & 9.

Advances in Clinical Dentistry — Symposium on New Developments in Dentistry. Moscone Center, SF. March 16.

The Art of Endodontics: Concepts & Techniques for the New Millenium. UCSF. April 13.

COMPUTER TRAINING

Facilities Management offers the following classes for PC users. All classes held at the FM Training Room, 3130 20th St. Shuttles leave from UCSF/ Mount Zion, Parnassus & SFGH. Call 476-6825.

Access for Windows I. Jan. 16. 9 a.m.-3 p.m.

Word for Windows I. Jan. 17. 8:30 a.m.-noon.

Excel for Windows I. Jan. 17. 1-4:30 p.m.

Word for Windows II. Jan. 18 & Jan. 25. 8:30 a.m.-noon. Jan. 19. 1-4:30 p.m.

Excel for Windows II. Jan. 18 & Jan. 25. 1-4:30 p.m. Jan. 24. 8:30 a.m.-noon.

Windows for Workgroups II. Jan. 19. 8:30 a.m.-noon. Jan. 24. 1-4:30 p.m.

Access for Windows II. Jan. 23. 9 a.m.-3 p.m.

Excel for Windows III. Jan. 30 & Jan. 31. 8:30 a.m.-noon.

Word for Windows III. Jan. 30 & Jan. 31. 1-4:30 p.m.

RAPE PREVENTION

Classes, workshops & support groups sponsored by UCSF Rape Prevention Program. Call 476-5222.

Personal Safety, Rape & Assault Prevention Presentations. By appointment to campus departments & employees in the workplace.

Support Group for Rape Survivors. Heal from the trauma of sexual assault through open dialogue, sharing the experience and information. Ten consecutive weekly sessions. Intake interview required. Date and time to be arranged. $180.*

INFORMATICS CLASSES

The UCSF Library offers the following free classes held in S 165A (EC) or 222 Library (PC). Call 476-2337 for a complete schedule.

- Tues., Jan. 16: *Introduction to Personal File Mangement Software.* (PC). 1-3 p.m.
- Wed., Jan. 17: *Nursing Information Resources.* (PC). 3-5 p.m.
- Thurs., Jan. 18: *Introduction to the Internet.* (PC). 9-11 a.m.
- Thurs., Jan. 18: *Downloading Citations Using YTERM/Kermit.* (PC). Noon-1 p.m.
- Mon., Jan. 22: *Medline Plus II: Intermediate.* (PC). 10 a.m.-noon.
- Mon., Jan. 22: *MELVYL® Databases.* (PC) 1-3 p.m.
- Wed., Jan. 24: *EndNote® for Mac II.* (EC). 3-5 p.m.

January 13-26, 1996

REGULAR MEETINGS & ONGOING SUPPORT GROUPS

SATURDAYS

HEALING GARDEN WORKING DAYS: Second & fourth Sat. of month. UCSF/Mount Zion Cancer Cntr. Healing Garden, 2356 Sutter. Call 885-3693.*

MONDAYS

DROP-IN SUPPORT GROUP FOR WOMEN LIVING WITH HIV/AIDS: Free child care and beverages provided. A 45. 11 a.m.-1 p.m. Call 476-2417 or 476-7795.*

HEALTH PROFESSIONALS IN RECOVERY: For physicians, nurses, dentists, pharmacists, PhDs and others. Anonymous, 12-step emphasis. Meets bi-monthly. 11:30 a.m.-12:30 p.m. Call 476-8279.

UCSF STAFF COUNCIL MEETING: Second Mon. of month. Noon-2 p.m. Call 476-5756.

FRIENDS OF LOIS AL-ANON MEETING: Closed meeting: for friends & families of alcoholics only. Conf. Rm. A, 3rd fl., MCB. Noon. Call 626-5633.*

COLORECTAL CANCER SUPPORT GROUP: Second and fourth Mon. of month. Reservations must be made at 929-7114. UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 6:30 p.m.*

UCSF AIDS HEALTH PROJECT MEDITATION & SELF-HYPNOSIS WORKSHOP: Weekly discussion group for anyone dealing with HIV or AIDS in themselves or others. Gazebo Rm., Davies Med. Cntr. 7-9 p.m. Call 476-3902.*

TUESDAYS

SFGH CIRCLE OF SISTERS: Networking forum for black women working & studying at UCSF/ SFGH. Meets monthly. Call 476-5222.

MULTIPLE HELPERS OUTREACH NETWORK SUPPORT GROUP: For victims & survivors of violent trauma. Ages 15 & over. A 222, LPPI. 10 a.m.-noon. Help-line at 759-7923 provided daily, 7 a.m.-10 p.m.*

CAMPUS AMNESTY INTERNATIONAL MEETING: First Tues. of the month. MU 111W. Noon-1 p.m. Call 566-8406.*

UCSF GOSPEL CHOIR REHEARSAL: Weekly rehearsals at MCB. Noon. Call 476-6761.*

PARKINSON'S DISEASE EDUCATION & SUPPORT GROUP: For people with Parkinson's & their caregivers. Third Tues. of month. Christ Church, Lutheran, 1090 Quintara (at 20th Ave.). 2-4 p.m. Call 476-9276.*

BREAST CANCER SUPPORT GROUP: For women diagnosed or being treated at UCSF/Mount Zion or Parnassus. UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 5:30-7 p.m. Pre-registration necessary. Call 885-3693 or 388-3742.*

NURSES' PAIN ASSOCIATION MEETING. Second Tues. of month. C 254. 5:30-7:30 p.m.*

BRAIN TUMOR SUPPORT GROUP: First Tues. of month. C 130. 7:30-9 p.m. Call 284-0208.*

WEDNESDAYS

GAY, LESBIAN, BISEXUAL ASSOCIATION AT UCSF MEETING: Second Wed. of month. Members of the Chancellor's Committee on Gay, Lesbian & Bisexual Issues attend. Call 282-9650.

SUPPORT GROUP FOR FAMILY/FRIENDS OF THOSE WITH MENTAL ILLNESS: For those interested in psychiatric disorders & treatments. Call Laura Deering-Mayclin at 476-7394.*

LATIN AMERICAN CAMPUS ASSOCIATION MEETING: Second Wed. of month. HSW 508. Noon. Call Lucia DeLeon at 476-2010.

LATIN WOMEN COALITION: For Latina faculty, staff & students. Noon-1 p.m. Call 476-7117.*

PARNASSUS AL-ANON MEETING: For friends & families of alcoholics. Observers welcome. C 417. Noon-1 p.m. Call 626-5633.*

TAI CHI CLASSES. UCSF/Mount Zion Cancer Cntr. Healing Garden, 2356 Sutter. Noon. 885-3693.*

ALCOHOLICS ANONYMOUS MEETING: Closed meeting: alcoholics only. Conf. Rm. 3, 1st fl., MCB. 12:05 p.m. Call 621-1326.*

MULTIPLE HELPERS OUTREACH NETWORK SUPPORT GROUP: For victims & survivors of violent trauma. Ages 15 & over. Two locations & times: A 222, LPPI, 1-3 p.m., and N 517, 7-10 p.m. Help-line also provided daily, 7 a.m.-10 p.m. at 759-7923.*

FRIENDS & FAMILY MEMBERS OF CANCER PATIENTS SUPPORT GROUP: First & third Wed. of month. J 221, UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 4:30-6 p.m. Call 885-3693.*

BREAST CANCER SUPPORT GROUP: J 221, UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 6:30 p.m. Call 885-3693.*

SAN FRANCISCO CITY CHORUS REHEARSAL: 7 p.m. Call 765-SONG for locations and audition information.*

EATING DISORDERS SUPPORT GROUP: Open to anyone dealing with an eating disorder in themselves or others. M 688. 7-8:30 p.m. Call 332-3425.*

CO-DEPENDENTS ANONYMOUS MEETING: 12-step program for people who have dysfunctional relationships. LPPI A119. 8-9:30 p.m. Call 432-3529.*

THURSDAYS

AWAKE MEETING: AWAKE (alert, well and keeping energetic) is a support and education group for people with sleep apnea and their families. Third Thurs. of month. Bring CPAP equipment for check-up. Call 885-7886.*

CANCER SUPPORT GROUP — PATIENTS: First & third Thurs. of month. J 221, UCSF/Mount Zion Cancer Cntr., 2356 Sutter. Call 885-3693.*

LESBIAN LUNCH GROUP: Monthly on Thurs. Call 476-8410.*

UCSF GOSPEL CHOIR REHEARSAL: Weekly rehearsals at Parnassus. Noon. Call 476-6761.*

HEAD & NECK CANCER SURGERY SUPPORT GROUPS: Separate groups for patients and patients' families meet simultaneously on the second and fourth Thurs. of each month. J 221, UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 1-2 p.m. Call 885-7623.*

PARNASSUS PLAYERS: UCSF's theater group meets regularly. Call 476-6761 or 476-9012 (day) or 821-5701 (evening).*

ASSOCIATION OF CLINICAL RESEARCH NURSES MEETING: Meets every other month, alternating between UCSF & Stanford. 5:45-7:30 p.m. Call 476-0683.*

SUPPORT GROUP FOR WOMEN LIVING WITH LIFE-ALTERING ILLNESS: Alternate Thurs. 6-8 p.m. Call 775-2854 to pre-register.*

FRIDAYS

CIRCLE OF SISTERS: Networking forum for black women working & studying at UCSF. Second & third Fri. of month. Noon-1 p.m. C 130. Call 502-5666.

WEIGHT WATCHERS MEETING: LPPI Aud. Noon-12:45. Call 476-5193.*

ALCOHOLICS ANONYMOUS MEETING: Closed meeting: alcoholics only. C 417. 12:10-1 p.m. Call 621-1326.*

LAKESIDE SENIOR MEDICAL CENTER CAREGIVER SUPPORT GROUP: First Fri. of month. $10 per meeting. 2501 Ocean Ave. at Junipero Serra. 2-4 p.m. Call 986-2305.*

For information on 12-step and support groups call the Bay Area Self-Help Center at 882-6235 or the Mental Health Association of San Francisco at 882-6230.*

VOLUNTEER PROGRAMS

Programs to acquaint prospective volunteers at the Medical Center are offered regularly by Volunteer Services. For orientations at UCSF/Parnassus, please call 476-1196. For orientations at UCSF/ Mount Zion, call 885-7353.

THE NEXT DEADLINE

Tues., Jan. 16, 1995 is the deadline for items to be listed in the next calendar, which covers **Jan. 27-Feb. 9, 1996**(two weeks). Complete information must be received in our office in writing by 11 a.m. on that Tuesday. Mail your copy to Michele Firpo at Box 0462, e-mail it to michele_firpo@quickmail.ucsf.edu, send a fax to 476-3541, bring it to UCSF/Laurel Heights, 3333 California St.Suite 103or call 476-3257. To submit articles for Newsbreak/Medsounds, e-mail them to Lisa Cisneros at lisa_cisneros@quickmail.ucsf.edu, fax to 476-3541 or call 476-3256.

BREAST CANCER SCREENING SCHEDULE

Women can have low-cost mammograms — X-rays to screen for breast cancer — from a mobile van that travels to convenient locations in the Bay Area.

Women need the approval of their physician to have the mammogram, in addition to their doctor's full name, address (including room number & zip) and phone number to assure that results are mailed promptly. The procedure takes approximately 20 minutes and costs $65. To make an appointment call 476-2193 between 9 a.m. and 3 p.m.*

Listed below are dates when the van will be at UCSF locations. Call 476-2193 for a full schedule.

- Mon.-Wed., Jan. 29-31: UCSF/Laurel Heights, 3333 California St.
- Thurs., Feb. 1: UCSF/Daly City, 333 Gellert Blvd.
- Fri., Feb. 2: UCSF/Parnassus at Medical Center Way.

Upcoming Events

Research Center in Oral Biology offers symposium

The Research Center in Oral Biology is sponsoring a day-long symposium on "Tissue Remodeling in Development and Disease" on Friday, Jan. 19 in C 701.

Keynote speaker Henning Birkeda-Hansen, director of intramural programs at the National Institute for Dental Research, will address the symposium's theme, followed by speakers from UCSF, USC, the University of Toronto, the University of Texas at San Antonio and the University of Helsinki.

A continental breakfast will be available outside C 701 at 8:30 a.m., with the symposium beginning at 9 a.m. and ending at 5 p.m. No registration is necessary. For more information, call 476-2943.

Chancellor to address campus community

'96

Chancellor Joseph Martin will present "The State of the Campus in 1996" on Monday, Jan. 22, at noon in Cole Hall.

Martin will address the dynamic and rapid changes in the patient care and health education environment that continue to have a major impact on UCSF. Faculty, staff and students are invited to hear the chancellor present a progress report, highlighting the path UCSF is taking to reach a secure future.

Community health talk looks at life after cancer

"Life Matters: A Journey of Hope and Survival," a documentary that focuses on life after cancer and how survival shapes people's lives, will be shown on Thursday, Feb. 1 in the Laurel Heights Auditorium from 7 to 9 p.m. Susan Weintraub-Nessim, author and founder of Cancervive, a non-profit organization dedicated to the challenge of life after cancer, will introduce the documentary and lead the discussion following its presentation.

The community health talk, which is free and open to the public, is co-sponsored by Public Service Programs and the UCSF/Mount Zion Cancer Center. Call Kathleen Pappas at 476-2641 for more information.

Workshop offers strategies for fighting osteoporosis

The Mount Zion Center on Aging presents a half-day workshop on "Osteoporosis — The Silent Thief" on Saturday, Feb. 3 from 9 a.m. to noon in the Laurel Heights Conference Center.

The workshop will show that osteoporosis is a preventable and treatable disease that is estimated to affect one in two American women, and that preventative measures and early diagnosis can help women to maintain their health and independence and to avoid pain and disability caused by the disease. Workshop attendees also will learn about the latest approaches to diagnosis, treatment, research, nutritional and exercise strategies to prevent the disease.

The program is free, but advance registration is required. Call 750-5342 for registration and information.

The Center's next workshop is on "The Medicare Puzzle: Making Sense of Medicare Reform" on Saturday, March 23. Call for details.

Cancer registry training program begins Feb. 5

The Cancer Registry Training Program, running Monday, Feb. 5 through Friday, Feb. 16, offers a short, intensive overview of hospital registry operations, central registries and other types of cancer patient data systems. Course workshops provide practice in abstracting, staging, coding and interpreting registry data.

The course is sponsored by Cancer Patient Data Program-Research and Training, a part of the Department of Epidemiology and Biostatistics. Call 476-2331 for more information.

Black Heritage Month begins with a fair

UCSF's celebration of Black Heritage Month begins with a fair featuring African-American vendors in the courtyard at MCB on Thursday, Feb. 8, from 11 a.m. to 3 p.m.

"No Telling What a Story Can Teach You!" is a presentation by Opal Palmer, poet, lecturer, playwright and storyteller, who is currently teaching at the California College of Arts and Crafts. The event takes place Friday, Feb. 9, at noon in N 217.

On Tuesday, Feb. 13, at noon in Toland Hall, the Women's Resource Center presents "What Is Black Love?," a discussion exploring the political, personal and social ramifications of love in the black community.

Public Service Programs sponsors a Brown Bag Lecture on "The Role of Race in Violence Prevention." The talk will take place in HSW 300 from noon to 1 p.m.

"Extending the Boundaries of Unity" is the theme for a celebration featuring African music, food and dance on Friday, Feb. 16, in the Millberry Conference Center from 7 to 9:30 p.m.

An event sponsored by the Rape Prevention Education Program, "From Whores to Matriarchs: Black Women Survivors on the Edge," is a performance piece by Deborah Edwards, former broadcast journalist, which offers a look at the complexities of being both a black woman and a survivor of sexual abuse in America. It will be performed on Tuesday, Feb. 20 from noon to 1 p.m. in Toland Hall.

"The 1995 Million Man March — Now What? Another Perspective" is presented on Wednesday, Feb. 21, in Toland Hall from noon to 1 p.m.

Anna Deveare Smith performs "Twilight: Los Angeles 1992," a play about race, culture and the uprising following the verdicts in the Rodney King beating trial, as a benefit for the Women's Resource Center. The event is slated for Thursday, Feb. 22, at 8 p.m. at the Marines Memorial Theater, 609 Sutter. Call 476-5222 to purchase tickets, which cost $25.

On Saturday, Feb. 24 the Black Caucus at UCSF hosts "Gala IV," a dinner/dance being held from 6:30 p.m. to 1 a.m. at the San Francisco Airport Marriott Hotel in Burlingame. Tickets are $40 per person and will be sold on a first-come, first-served basis. For tickets and more information, call Bilal Shabazz at 476-4410 or Claudette Johnson at 476-4270.

Another noon lecture explores "Ethiopianism, Negritude and Afrocentricity: The Elusive Quest for Black Intellectual Ethos" on Tuesday, Feb. 27, in N 217.

The Gospel Choir at UCSF presents a concert on Wednesday, Feb. 28, at 6:30 p.m. in Cole Hall. Tickets cost $3 for students, $5 for the general public.

The celebration closes on Thursday, Feb. 29, with the "Jazz Extravaganza" featuring the Khalil Shaheed Sextet in the Plaza Grill from 11 a.m. to 1 p.m. and an African-American vendor fair in Millberry Union Conference Center from 11 a.m. to 3 p.m.

All events are co-sponsored by the UCSF Black Caucus. Call 476-4410 for more information.

Black nurses symposium, workshop

The Tenth Annual Black Nurses Symposium, entitled "Celebrating a Legacy: Graduates Making a Mark in Research, Practice and Education," will be held Friday, Feb. 23, from 8 a.m. to 4 p.m. in Cole Hall.

This year's speakers are graduates of UCSF who will discuss their roles and visions of research, practice and education. DeLois Weekes, associate professor and associate dean of the Graduate Program at the Boston School of Nursing, is the keynote speaker. Cost to attend the symposium is $65. Students with current identification and UCSF faculty are asked to pay $35.

The free Workshop on Nursing Education will be held the previous day on Thursday, Feb. 22, from 1 to 5 p.m. in N 225. Masters and doctoral students, moderated by Weekes, will present a forum representing selected programs at UCSF.

This workshop is designed especially for persons who are interested in learning more about nursing education. For more information on either event, call Joann Ray at 476-4897.

Start 1996 right: eat plenty of produce

By LISA CISNEROS

"Your mother told you to eat your vegetables," produce man Peter Carcione told an audience at a recent Brown Bag Lecture. "There's nothing new about that. What is new is that now we know why."

Research shows both men and women can dramatically slow down the aging process and reduce the risks of cancer, heart attack and stroke while preserving mental and physical faculties when they eat at least five servings of fresh fruits and vegetables a day.

Indeed, Swedish researchers found that a high intake of beta-carotene, which converts to vitamin A in the body, is associated with lower risks of breast cancer. The study, reported recently in the Journal of the American Medical Association, showed that beta-carotene consumed by eating fruits and vegetables is clearly more beneficial than taking the substance in a dietary supplement.

Carcione is following in his father's footsteps, as the son of "Green Grocer" Joe Carcione, a vegetable wholesaler who built a career lauding the benefits of fresh fruits and vegetables. He says the produce market has changed significantly over the years with the advent of refrigeration and, more recently, with technology developed by a team of researchers, including those at UC Davis. They created an airtight shipping container which uses an onboard computer to measure and regulate oxygen, carbon dioxide and nitrogen levels. This method basically preserves produce by putting it "to sleep" and destroys insects and their larvae, Carcione said.

Today consumers have a regular cornucopia of fruits and vegetables available to them from all over the world.

"Do we need to get ample protein from meat? No," Carcione said, explaining that a steady diet of grains and beans, especially the soy bean, more than meets protein requirements.

While organic fruits and vegetables, produce that has not been sprayed with insecticides or chemical fertilizers, cost more than regular produce, they taste better and have a longer shelf life, he said. Non-organic produce is tested under electron microscopes for residue and should be selected based on color and aroma.

To gain the most nutritionally, vegetables should be eaten as close to raw as possible and fruits should be consumed as soon as possible after purchase. Here's what Carcione had to say about assorted fruits and veggies:

♦ Full of fiber, apples are an important part of a balanced diet and help clean teeth.

♦ Artichokes, which hit peak season from March through June, provide protein plus an enzyme that regulates the blood.

♦ Avocados are a great source of vitamin E.

♦ Broccoli typically tops the list of diet-smart vegetables since it contains an enzyme known to retard the growth of cancer.

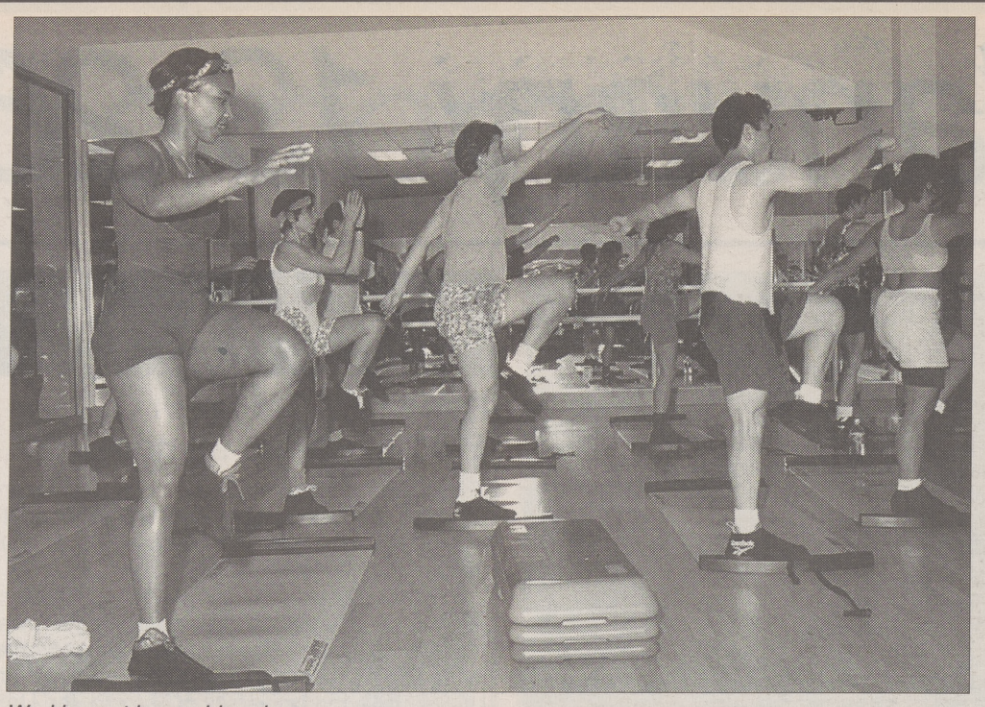
♦ Garlic, usually best when picked in August and September, lasts longer if protected from light and heat. These bulbs, which contain a sulfur compound that fights bacteria, help protect produce from bugs when planted side by side in the garden.

♦ The rule of thumb for lettuce is the darker the green, the better nutritional value, meaning iceburg is of less benefit than romaine. Breaking lettuce apart for salads or sandwiches is better than cutting it. And while busy people appreciate the convenience of packaged ready-to-eat salads, the fact is, the plastic bags trap moisture and air escapes along with some of the sugars, vitamins and flavor, Carcione says.

♦ Pineapple should be served after a steak dinner since the fruit helps break down protein and aids digestion, Carcione said. To test this, just put a slice of pineapple on a piece of raw meat and watch the meat disintegrate.

Lisa Cisneros

Peter Carcione



Working out in aerobics class

Fitness Center to raise monthly fees $2

By LISA CISNEROS

Millberry members will pay $2 more a month as the fitness center tries to keep pace with inflation and increasing operating costs while it limits overcrowding in the facility during peak workout times.

Members will start paying the new monthly fee of $34 dollars beginning Friday, March 1, according to Al Minvielle, director of Millberry Programs & Services. Membership fees, which pay mostly for operating and program costs, were last increased in 1990.

"The trend in the health club industry is to maximize memberships, but we want to make sure to maintain quality and comfort for our members," Minvielle explains, adding that members will be surveyed regularly beginning this year to monitor satisfaction.

Operating hours

Monday to Friday: 6 a.m. - 10 p.m.
Saturday: 7:30 a.m. - 8 p.m.
Sunday: 9 a.m. - 7 p.m.

In the six years since it was remodeled, the club has expanded the fitness floor by 40 percent, which has accommodated more members. But now the 25,000-square foot facility has maxed out on the available space, thereby total membership must be controlled during the peak times of 11 a.m. to 1 p.m. and 5 to 7 p.m. In the past, expansion allowed more memberships to be sold to offset the increase in operating costs, Minvielle says.

Members surveyed recently about how they perceive the facility during prime time hours said they would rather see an increase in monthly fees than an increase in membership of 200, Minvielle says. To date, the fitness center has a combined membership of 6,000, which includes 2,500 students and others with full and interim memberships. About 800 people are on the waiting list for full memberships, which gives them unlimited access to the facility, but there is no wait for those wanting an interim membership, which restricts access during weekday prime time hours only, he says.

Since space is at a premium on Parnassus, Minvielle says Millberry is considering opening fitness centers at Laurel Heights and at Mission Center. Laurel Heights employees will be surveyed soon to find out if they are interested in working out at that site. It's thought that a Laurel Heights facility also could serve the Mount Zion community and a new facility at MCB could serve the SFGH campus, too.

Despite the $24 annual fee hike, Minvielle says, start-up fees will remain the same. A one-time sign-up fee costs $35 for employees and retirees, faculty, alumni and members of the Parnassus Heights community, the last of whom pay $150 per quarter. Membership terms for clinical fellows, spouses, postdoctoral fellows and residents vary.

Transformed from UCSF's original 1958 facility that resembled a small, run-down middle school gymnasium, the fitness center features a million-dollar view of the Golden Gate Bridge and houses a myriad cardiovascular machines, lots of Cybex weight-lifting equipment, a room full of free weights, a swimming pool, racquetball court and other ways to keep fit and have fun. Since the $6 million overhaul, the fitness center has expanded hours of operation by 15 percent and bought more than $150,000 of new equipment, Minvielle says.

The fee increase was reviewed and endorsed by the Millberry Union Advisory Council, a 19-member group representing faculty, staff, students and alumni that makes suggestions on program quality and costs.

Medical Call Board

Multiple dose interleukin-12 for HIV-infected people

A clinical trial of multiple doses of recombinant interleukin-12 (rhIL-12) for HIV-infected individuals is open for enrollment at the UCSF AIDS Program at SFGH.

RhIL-12 is a laboratory-made version of the protein interleukin-12 that the body makes naturally. The protein has been found in animal and laboratory studies to be useful in stimulating the immune system to improve T cell function, according to Mark Jacobson, UCSF professor of medicine and a lead investigator on the study.

The first Phase 1 study of rhIL-12 in the US was completed in December 1994. Many of the participants in this trial were enrolled at the AIDS Program at SFGH. It was a safety study of single doses of rhIL-12, Jacobson said. The new clinical trial is a Phase 1/2 study to evaluate the safety and biological effects of multiple doses of rhIL-12.

To be eligible, participants must be between 18 and 60 years old and have a CD4 cell count between 100 and 500 cells/mm^3. They should have had no significant infections in the past six weeks, should be healthy, and should be taking two FDA-approved antiretroviral drugs in combination.

The patient's time for study participation will take a maximum of 20 weeks, including a screening period, a treatment period of 12 weeks and four weeks of followup. Persons interested in enrolling in the study or who want more information can call Nelson Murcar, UCSF research nurse at 476-9296, x84092.

Aging, muscle function

Doctors at the Dept. of Radiology are looking for healthy, non-smoking sedentary men and women to participate in ongoing studies of muscle function and fatigue. Volunteers must be between the ages of 65 and 85 and be free from heart disease, high blood pressure and diabetes. Researchers will be obtaining measures of muscle function during rest and exercise. Measures of physical activity and muscle size also will be obtained. The purpose of these studies is to determine the effect of aging on muscle function. Studies will take place at the VAMC and volunteers will be compensated for their time. For more information, call Peter Allen at 750-2158.

Alcoholics wanted

The Gallo Clinic and Research Center, a division of the Department of Neurology at SFGH, is seeking alcoholics to participate in their studies on alcoholism. This research involves interviews, paper and pencil questionnaires and a blood test. Participants must be adult males or females who frequently drinks large amounts of alcohol. Participants will receive cash compensation. For more information, call Cassi Vietan at 648-7111, ext. 408.

Nominate for chancellor's public service award

Chancellor Joseph B. Martin is requesting nominations from the campus community for the 1996 Chancellor's Award for Public Service.

Nominations must be returned to the Chancellor's Award for Public Service Committee, c/o Public Affairs, Box 0462, by 5 p.m. Wednesday, March 6.

The purpose of this annual award is to recognize and reward those faculty, students and staff of UCSF who have performed extraordinary community service. Refer to the Chancellor's memo for more information about these awards.

Study abroad

The UC Education Abroad Program (EAP) is offering UCSF faculty members two ways to study abroad next year.

EAP sponsors faculty exchanges to develop, strengthen and diversify its academic linkages with current and potential partner institutions abroad. It also seeks to integrate study abroad into the curricula of home UC campuses. EAP offers two types of faculty exchanges:

♦ **Reciprocal Faculty Exchange Program:** Academic Senate faculty may apply to promote instructional and research linkages between UC and specified partner institutions in Brazil, France, Italy, Spain and Sweden, as part of the UC contractural relationship with these institutions. Applicants are required to identify a faculty sponsor at the institution they wish to visit. The deadline to apply is Thursday, Feb. 1.

♦ **Program Development/Articulation Awards:** Academic Senate faculty may apply for travel funds to visit specified EAP partner institutions abroad for two to 14 days so as to initiate or enhance study opportunities for UC students at these institutions. EAP wishes to support the articulation of overseas programs with home campus academic offerings in the biological sciences in Brazil, France, Germany and New Zealand; psychology in Italy, Mexico, New Zealand and Spain; and economic/business in Australia, Austria, Germany, Japan, Korea, Mexico, New Zealand and Singapore. No deadline.

For more information, call (805) 893-8336.

Fun Zone

Poets to read Fridays

The Parnassus Poets, a campus literary group, will read from their prose at 4:30 p.m. on Fridays, Jan. 19, Feb. 9 and Feb. 16 at HSW 300. Admission is free. Guest poets are Len Sanazaro and Kathleen Evans on Jan. 19 and Francis Mayes and Ed Kleinschmidt on Feb. 16. An open reading of love poems is slated for Feb. 9.

Introduction to yoga

Discover how body, mind and breath work together in practicing yoga, a technique for mental and physical relaxation. Classes begin Tuesday, Jan. 16 at 6 p.m. Register at the Millberry Fitness Center or call 476-0350.

Orientation to outdoors

Find out how to learn new skills, meet new people and participate in cooperative outdoor adventuring in an orientation to UCSF's Outdoors Unlimited. An in-depth look at OU's resources and services is scheduled for 7 p.m. Tuesday, Jan. 23, at the OU Center. For more information, call 476-2078.

EMPACT! looks for fun people to volunteer

Wanted: Fun, energetic UCSF employees to join EMPACT!'s volunteer family. Volunteers help plan special events at their UCSF location, help with fund-raising events, write for the EMPACT! newsletter and promote positive campus morale. EMPACT!, an employees activities program, also is in need of people to serve as publicity representatives at all satellite sites and from each floor of large facilities such as the ACC and Medical Center. Responsibilities include posting and/or distributing flyers and announcing news at staff meetings. Call Elan at 476-2675 to participate.

Medsounds Continued

Dave Milward

Hornthal estate gives to Resource Center

The UCSF/Mount Zion Cancer Center's Resource Center received a $125,000 gift from the estate of Mr. and Mrs. Gus Hornthal of San Rafael. Trying out the online computer information at the center is Kenneth Atterman, seated, an attorney and executor of the estate; and standing, left to right, are Cheryl Gelder-Kogan, UCSF/Mount Zion Cancer Center manager; Erica Rosenblatt, attorney for the estate executor; and Alan Glassberg, interim director of the UCSF/ Mount Zion Cancer Center. The Resource Center, located on the second floor of the Cancer Center, is open to the public Monday through Friday from 10 a.m. to 4 p.m.

Alzheimer's *(from page 8)*

provided in doses intended to return blood levels of the hormone to peak levels found earlier in life.

In a separate study sponsored by the Alzheimer's Association, Wolkowitz is investigating whether natural, individual variations in DHEA levels among Alzheimer's patients affect the progression of this degenerative brain disease.

The adrenal gland's production of DHEA, which is converted into sex hormones, peaks at about age 20, at higher levels in men than women. Thereafter blood concentrations of DHEA decline steadily throughout adulthood in both genders, typically dropping to 15 percent to 20 percent of youthful levels in old age.

This decline has led researchers to search for an association among blood levels of DHEA, signs of aging, and diseases associated with aging.

As the number of elderly grows rapidly, an associated increase in Alzheimer's disease cases also is expected.

Alzheimer's disease affects an estimated 4 million Americans, most of whom are elderly. As the number of elderly grows rapidly, an associated increase in Alzheimer's disease cases also is expected. Only one drug of limited effectiveness, called tacrine, has been approved for sale by prescription in the US to treat Alzheimer's disease.

British case studies from the 1950s, in which DHEA was used to treat psychiatric disorders, found that the hormone could improve a patient's sense of well-being. Recently, Wolkowitz completed a study of DHEA treatment with a series of clinically depressed patients. The DHEA recipients reported improved psychological well-being and mood, and they had better recall in tests of memory.

Earlier this year researchers at UC San Diego found in a double-blind, placebo-controlled study that middle-aged and older persons who received doses of DHEA reported improved well-being, fewer sleep problems, and in men, improved muscle tone.

In animal studies that may be relevant to investigations of memory impairment in Alzheimer's, old mice—which normally perform poorly in learning tests with mazes—were able to learn as well as young mice when given DHEA with their drinking water, according to Wolkowitz.

A biological basis for any memory-promoting activity for DHEA has not been firmly established, but research has raised many intriguing possibilities, he says.

Studies of brain cells suggest that DHEA may help preserve outgrowths that branch from one brain cell to another and which serve as signaling circuitry between cells, according to Wolkowitz. In addition, he says, there is evidence that DHEA acts directly to stimulate signaling in the brain by affecting the activity of signaling chemicals called neurotransmitters.

Animal studies indicate that the hormone may inhibit production of amyloid protein, which is thought to be harmful in Alzheimer's disease, and that it can reverse age-associated changes in the immune system's production of proteins called interleukins, which might stimulate brain inflammation, according to Wolkowitz.

For more information, call Francesca Manfredi, research coordinator, at 476-5858.

Oncology *(from page 8)*

donation of a linear accelerator, used to radiate cancerous tumors, to a Guatemalan teaching hospital. Patrick Swift, radiation oncologist, spearheaded the donation of the accelerator when it became clear that the department would be replacing it with newer models. In return, Guatemalan physicians agreed to treat children with cancer for free for the next six years.

Both Challinor and Luna-Fineman will return to Guatemala this summer when the machine is installed. Luna-Fineman's father, Ronaldo Fineman, a cardiovascular surgeon, and Miguel Garces, an American-trained pathologist and public health expert, both who work for the National Institute of Health in Guatemala, support the project, as do other public health officials.

Acute lymphoblasitic leukemia currently is the most common cancer in children in Guatemala. American children with that diagnosis have an 80 percent chance for a complete cure. In Guatemala, on the other hand, the cure rate in considerably less. For that reason, strategies must be implemented to study, diagnose and treat the disease in all afflicted children, Luna-Fineman says.

Efforts are under way, for example, to obtain the drugs needed for chemotherapy. "Chemotherapy drugs are very expensive and treatment protocols are very complex," says Challinor, adding that part of the foundation's mission is to educate their Guatemalan colleagues about what types of medications to prescribe to treat different types of cancer.

Although documentation about the incidence of cancer in Guatemala is scarce, it is believed that as the country becomes more developed as diets and habits change, rates of pediatric and adult oncology will increase. Hospital medical records seem to support that trend, says Luna-Fineman. The foundation plans to establish a system to better track the childhood disease.

The general goals of the foundation are to study the incidence of leukemia and other cancers afflicting Guatemalan children up to age 13 and to study the natural history, clinical presentation, risk factors and prognostic indicators in children with the disease in Guatemala City, with the primary aim to improve the survival rate.

Luna-Fineman hopes this project will serve as a model for other underdeveloped countries. For more information about the foundation or to donate funds or equipment to the effort, call Challinor at 476-1770.

JCAHO contest winners get recognition

The Clinical Engineering Department extends its congratulations to the following Medical Center employees who won the crossword challenge held in conjunction with the review:

- Maria Dominguez, Clinical labs-Immunology
- Marsha Miller, Operating Room
- Tom Hall, ACC Radiology
- Denise Wagon, ACC Radiology
- Lynne Scheumann, ACC Radiology
- Christine Adams, Radiology
- Rose Lum, clinical labs - Blood Bank
- Rick Harding, Radiology
- Dolly De La Pointe, Psychiatry
- Minnie Eberhart, Radiology.

Each person received a $15 gift certificate redeemable at the Millberry Union.

In related news, while the initial word about the outcome of the recent review of the Medical Center and LPPI by surveyors from the Joint Commission on Accreditation of Healthcare Organizations and Consolidated Accreditation and Licensure Survey was positive, Medical Center officials are still awaiting the written report due within the next week or two. Look for results of the survey in an upcoming issue of Medsounds.

Dave Milward

Staff treated to 'A little bit of Paris'

Singer Raquel Bitton, second from right, stands with, left to right, Marty Diamond, director of UCSF/Mount Zion, his wife, Margie, and James Mailhot, out-going Chief of Staff at Mount Zion, at a reception after the concert she gave at Laurel Heights. Bitton sang renditions of famous French songs of the 1930s and '40s in an event totally financed by the medical staff.

Year *(from page 8)*

The redesigned patient care system will be implemented in nursing units by Monday, April 1.

♦ **Negotiating with other providers**: During the past year, UCSF has continued to pursue new working relationships with a variety of major players on the medical scene, including Sutter Health, Kaiser Permanente and California Pacific Medical Center. Perhaps most unexpected to outsiders and insiders alike was the announcement in November that UCSF administrators are talking with their counterparts at Stanford about possible patient care collaborations. Medsounds will report on the status of these negotiations when decisions have been reached.

♦ **Investing in capital improvements**: While undergoing another massive cost-cutting campaign that could still leave its balance sheet in the red in 1995-96, the clinical enterprise has been able to make necessary capital improvements. The ongoing construction of a cancer research center at 2340 Sutter St. is due to be completed in November. Most of the six-story medical office building at 2330 Post St. is ready for occupancy. Employees in obstetrics/gynecology, radiology, pediatrics and other departments will be moving in over the next few months. An open house is planned for May. The other medical office building, located at 1701 Divisadero, is expected to be completed by spring 1997.

Plans continue to upgrade the Medical Center's aging clinical information systems to improve patient care. The first step — installation of sophisticated computers and software that will manage patient records, registration, billing and other documents more efficiently — will begin this year throughout the clinical enterprise, says Ron Schumacher, chief information officer for the clinical enterprise.

And after piloting an automated telephone system to improve communication and access to health care providers in four clinics in the ACC, the system will be expanded to other primary care areas this year. A customer service center will open at Laurel Heights this spring serving as the communication hub.

♦ **Marketing**: The Medical Center began another round of advertising during the fall open enrollment period. Results from that campaign will be forthcoming, according to Patty Perry, director of strategic development. Meanwhile, Barbara Gideon, hired as director of marketing this year, has organized a team of liaisons to work with health care providers in various Northern and Central California regions to boost referrals to UCSF's specialized services, such as organ transplants.

♦ **Financial planning**: Impeded by the lack of a federal budget that was due Oct. 1, Larry Smith, director of finance, is preparing for severe financial cutbacks in Medicare and Medicaid. At UCSF, Medicare patients make up 30 percent and Medicaid patients 26 percent of the patient population. Without waiting to find out how deep the budget axe will cut, Smith has been taking aggressive steps to limit the amount of debt the Medical Center incurs while looking at ways to reduce expenses in the Finance Department.

♦ **Developing services**: This past year saw the birth of various new services to meet demands of the marketplace, including the Women's Health Access, a practice that combines experts trained in childbirth, breast cancer, menopause, heart disease and mental health. Women's Health Access regularly sponsors patient education forums on a variety of health care topics.

The UCSF Neurovascular Service, also known as the UCSF Stroke Service, was formed in February to provide comprehensive care to patients with life-threatening disorders of the brain's blood vessels and to those with nervous system diseases.

Centers for chronic voice and sleeping disorders also opened this past year at Mount Zion.

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Page 1 ... Gov. Wilson approves of raises for faculty, employees

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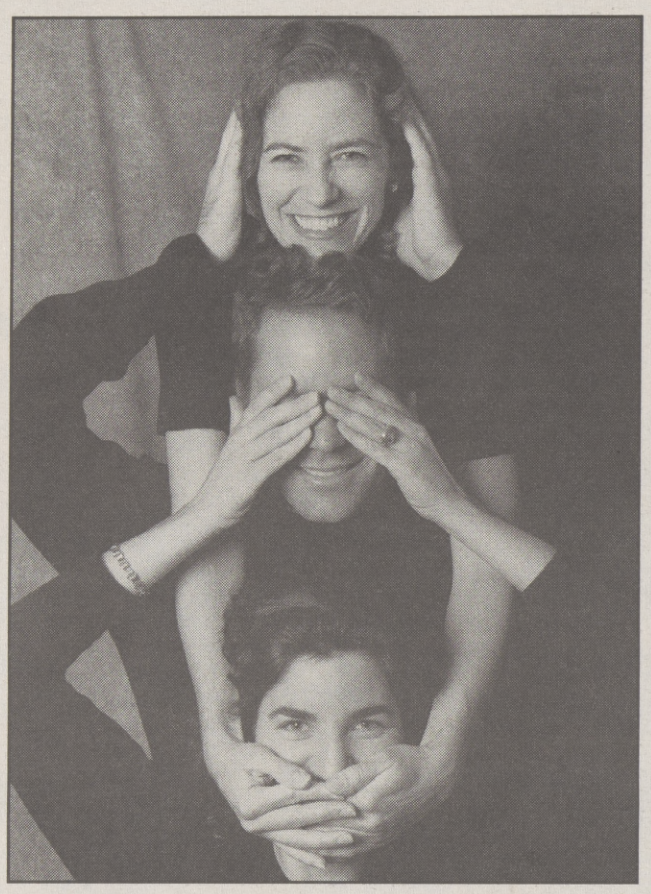


Wesley Wong

Set of smiling siblings

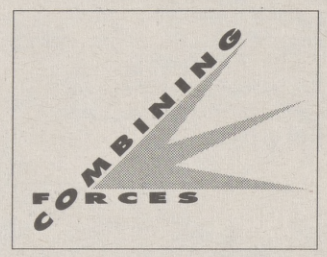
Heidi Kamrath, top, a postdoctoral fellow in stomatology, posed with her brother, Kai, and sister, Kim, for a portrait by award-winning photographer Wesley Wong as a gift to their parents this Christmas. The Auxiliary of the Medical Center at UCSF is offering Wong's services to raise money for patient amenities. This photo opportunity has been extended through February and Wong is available for photo sessions with people and well-behaved pets on Mondays through Saturdays from 9 a.m. to 1 p.m. and 2 to 8 p.m. Two black and white, 8 x10 copies cost $150, with $50 being tax-deductible. Customers get to keep the negatives and 35 proofs. Call Teru Hirano at the Auxiliary at 476-4906 for more information.

UCSF's pivotal year in health care scene

By LISA CISNEROS

The progress UCSF's clinical enterprise has made in 1995 to adapt to the volatile health care environment may prove pivotal to its financial future, but the challenge to change will likely continue well into the 21st century, experts say.

"Our country is undergoing a historic transformation in the way health care is organized, delivered, and financed, and academic medicine is headed, without question, toward a future that will be far different from the past," said Jordan J. Cohen, president of the Association of American Medical Colleges. "We in academic medicine have a clear choice. Either we transform ourselves, or we can stand by while others do the transforming for us."



Over the past year, the clinical enterprise, led by the six-member decision-making group called the clinical services executive board, has responded quickly to the dynamics of the marketplace. Medical Center Director Bill Kerr, as part of that response, asked an internal consulting team to devise ways of how to improve efficiency, reduce expenses by cutting and consolidating some programs and enhance patient care services. The team's recommendations will continue to be implemented throughout 1996.

Here are some of the most important accomplishments of 1995:

♦ **Restructuring patient care**: In January, Medical Center officials declared that they would embark on a major restructuring effort to streamline services and reduce operating expenses to maintain fiscal stability. A critical part of the reengineering plan, recommended by the internal consultants, is restructuring inpatient care services. This process continues today as nurse managers at Mount Zion and Parnassus are being trained to direct and coordinate newly-created teams, who will be cross-trained to perform multiple tasks.

Existing employees are being interviewed for the two new roles of patient care assistant and patient services assistant. A hiring decision will be made by Friday, Jan. 19, according to David Odato, manager of Human Resources. Training for the expanded duties of these employees will begin later this month.

(See **YEAR** *on page 7)*

UCSF to test DHEA to treat Alzheimer's

By JEFFREY NORRIS

The first clinical study funded by the National Institute on Aging to evaluate effects of the hormone dihydroepiandrosterone (DHEA) on the progression of Alzheimer's disease is about to begin at UCSF.

To test the potential value of DHEA as an Alzheimer's treatment, 60 men and women with mild to moderate Alzheimer's disease will be enrolled in the UCSF study, directed by Owen M. Wolkowitz, associate professor of psychiatry. His research team will evaluate memory, ability to perform normal activities of daily living, and perceived quality of life.

The trial will be double-blind, meaning that patients will be randomly assigned to six months of treatment with either DHEA or placebo, provided orally, with neither patients nor their evaluators knowing which treatment has been provided until after data has been obtained for each participant. DHEA will be

(See **ALZHEIMER'S** *on page 7)*

Improving survival for children with cancer in Guatemala

By LISA CISNEROS

While the outlook for children with cancer in the US and other advanced countries has improved significantly in the last 50 years, the death toll of the disease continues to climb among children in non-industrialized countries such as Guatemala.

Determined to reverse that disturbing trend, several UCSF health care providers, led by pediatric oncologist Sandra Luna-Fineman, have formed a foundation of volunteers from the US and Guatemala to establish treatment protocols for children with cancer and to teach doctors and nurses there more about the disease.

Born in Boston and raised in Guatemala, where she attended medical school, Luna-Fineman long wanted to study pediatric oncology in the country. But she realized she needed additional resources — both financial and human.

Over time she convinced some of her UCSF colleagues, including Julia Challinor, a pediatric oncology nurse specializing in the psycho-social effects cancer has on children, on the worthiness of her cause. In April, Challinor became president of the non-profit organization, A Tomorrow for Children, Guatemala. Both women and Janet Veatch, a senior pediatric oncology nurse at UCSF, were presenters at a recent conference in Guatemala that focused on the role of doctors and nurses in combating the disease.

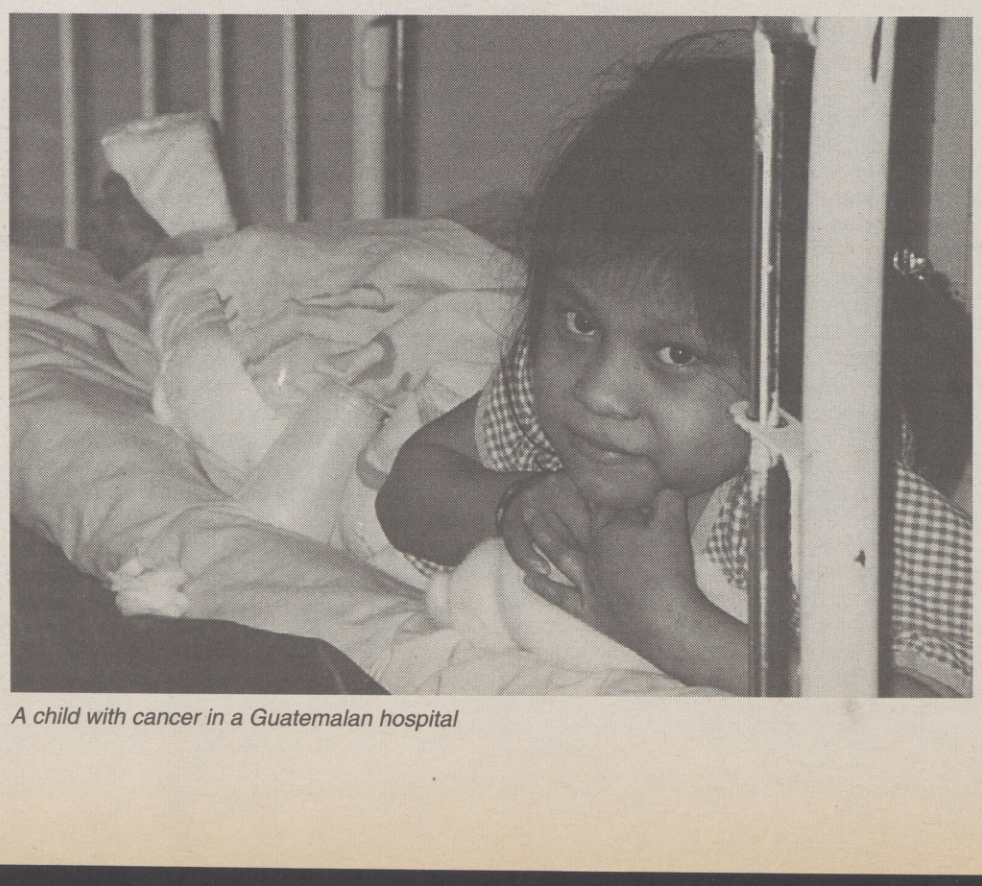
"There are no pediatric oncologists in Guatemala so adult oncologists have been treating children," explains Luna-Fineman.

Between 1973 and 1987 mortality in pediatric cancer was reduced by half in the US. Although the incidence of cancer in children is lower in less developed countries, the total number of deaths from the disease is five to six times higher, Luna-Fineman says. Mortality and morbidity are due to preventable diseases such as diarrhea, infectious diseases like the measles, and malnutrition. Also, due to late diagnosis, scarcity of drugs and insufficient follow-up care, the disease-free survival and survival rates for children with cancer are poor. Most of the countries in the Pacific Rim are underdeveloped and are facing these problems, Luna-Fineman explains.

Another stumbling block in Guatemala is that technology associated with successful treatment of cancers has lagged far behind that available in Western countries in large part because public health care priorities are elsewhere.

UCSF will be giving children with cancer a better chance of survival by assisting in the

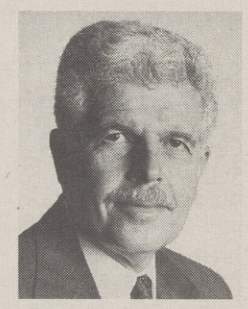
(See **ONCOLOGY** *on page 7)*



A child with cancer in a Guatemalan hospital

Mount Zion's new top doc: Goodman

Herbert S. Goodman, 58, takes over as chief of staff at UCSF/Mount Zion Medical Center suceeding James Mailhot, UCSF associate clinical professor of medicine and co-director of the clinical cardiology laboratory at Mount Zion.



Goodman

The native of Savannah, Georgia will serve in the prestigious physician position for three years. The tenure was extended by a year this year.

An 18-year veteran of Mount Zion, Goodman was hired as an assistant chief and assistant clinical professor in 1968 and has had a private practice as an internist since then. He was first an instructor of medicine at the School of Medicine at Emory University School of Medicine in Atlanta, where he received his BA degree, majoring in biology.

A member for some 25 years and former president of the Congregation Beth Sholom in San Francisco, Goodman also has been a staff physician at the Jewish Home for Aged since 1969.

He serves on a number of Mount Zion committees, including chair of the Patient Care Committee and member of the Medical Board of Directors, Credentials Committee and Quality Management Committee. Goodman also is a member of the board of directors for the Institute on Aging and Mount Zion Health Systems.